



**NO DISRESPECT
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RAPS ABOUT FREE FALLING, OPEN THIS PAPER PAGE 13

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Tuesday, December 11, 2012



LRT subcontractor Alstom fined \$9.5M by World Bank

Corruption? Subsidiaries of French LRT maker fined, blacklisted for 'improper payments' in Zambia



ALEX BOUTILIER
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SNC-Lavalin isn't the only part of Ottawa's LRT consortium facing allegations of corruption abroad.

The World Bank blacklisted subsidiaries of French engineering and energy giant Alstom, which will manufacture the Confederation Line's trains, for three years in February.

According to the bank, the company's subsidiaries Alstom Hydro France and Alstom Network Schweiz AG made an "improper payment" of €110,000 to "an entity controlled by a former senior government official for consultancy services" in Zambia.

The payment was made as part of the bank-backed Zambia Power Rehabilitation Project. Alstom reached

a settlement with the bank, which fined the company \$9.5 million for the incident.

Swiss authorities also fined Alstom \$42 million in November 2011 for corporate negligence after a global bribery investigation, Reuters reported, Nov. 22, 2011.

According to Reuters, Alstom was fined 2.5 million francs for negligence in three cases involving company officials in Latvia, Malaysia and Tunisia. Alstom was also required to pay back approximately 36 million francs — the profit related to the projects.

Alstom did not return interview requests Monday.

Alstom is part of the Rideau Transit Group consortium, the preferred proponent for Ottawa's \$2.13 billion Confederation Line project. Under the agreement re-

vealed last week, Alstom is to provide a version of its Citadis-class vehicles modified for Ottawa's cold and snow-heavy climate.

Ottawa's director of rail implementation, John Jensen, said the bad behaviour alleged against Alstom

be under possible Industry Ontario's rigorous bidding process.

He also pointed out that Alstom is only a subcontractor for the consortium.

Another Rideau Transit Group company, SNC-Lavalin, is facing allegations of fraud in both Canada and abroad. Last month former SNC President Pierre Duhaime was charged with fraud in connection to a multi-billion dollar hospital contract in Montreal.

A bonus they didn't beg for

Every Random House employee taking home \$5K this year thanks to overwhelming popularity of Fifty Shades of Grey PAGE 11

The face of a new generation

Pepsi to fund Beyoncé Knowles-Carter's creative whims as part of \$50M contract PAGE 15

Bad Santa

Or good? B.C. cops send holiday cards asking offenders and the gang-affiliated if they will be on the naughty or nice list next year PAGE 9



abroad would not

Dec. 19

- Council will have its final vote on the \$2.13-billion LRT contract at a Dec. 19 council meeting. Councilors will hear public delegations on the project on Wednesday.

6 ways to celebrate the spirit of the season



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Unanimous vote

Ottawa-Gatineau won't resurrect joint transit committee

Ottawa's transit commission has decided against resurrecting a joint transit committee with Gatineau's Société de le transport de l'Outaouais.

Instead, transit providers on both sides of the Ottawa River will make presentations to councillors on issues of shared interest.

Councillors on the transit committee voted unanimously for the new system, in which STO will present to Ottawa councillors and OC Transpo to Gatineau council.

First established in 2007, the joint transit committee between the two municipalities was discontinued after the 2010 election.

Since then, discussions have been occurring on the senior staff level between OC Transpo and STO, according to OC Transpo manager John Manconi.

ALEX BOUTILIER/METRO

Charity

OC Transpo, Loblaw food drive brings in close to 100,000 items

The Ottawa Food Bank received more than 95,000 non-perishable food items and more than \$22,000 on Monday from this year's OC Transpo/Loblaw food drive.

The food and money will go to help local families and individuals in need over the holiday season. At an event at the food bank Monday morning, U.S. Ambassador David Jacobson donated \$5,000 from the U.S. Embassy. ALEX BOUTILIER/METRO



PETA's Angels

Dressed as angels, People for the Ethical Treatment of Animals' Nives Brkic, left, and Emily Lavender stand at the corner of Bank and Albert streets on Monday, asking passersby to axe fur, leather and woolen goods from their Christmas lists. GRAHAM LANKTREE/METRO

Teachers prep 70 picket lines in Ottawa

One-day strike Wednesday. As contract battle between teachers and province wages on, parents scramble to find child care



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Elementary teachers will set up more than 70 picket lines in Ottawa Wednesday as schools prepare to close for a one-day strike and negotiations on a new contract continue.

"We want people to see that this is everywhere, in every community," said Peter Giuliani, president of the Ottawa-Carleton Elementary Teachers' Federation, wondering

aloud what Minister of Education Laurel Broten's next move will be.

"You might be able to impose a new collective agreement in writing, but what's your exit strategy?" Giuliani chided the minister, indicating that the issue is far from over. "You can impose it, but now you have a furious, disenfranchised workforce."

Minister Broten has the power under Bill 115 to impose a new collective agreement on teachers' unions if they fail to negotiate new deals in local bargaining before Dec. 31. The minister has said that there is still time to broker local agreements and has not indicated whether she will tap into her authority under the bill.

Teachers are taking part in the one-day walkout in protest of Bill 115, which bans strikes for two years and en-

Quoted

"Now you have a furious, disenfranchised workforce."

Peter Giuliani, president of the Ottawa-Carleton Elementary Teachers' Federation, on the impact of forcing a collective agreement on teachers.

ures new contracts will contain a wage freeze and eliminate a program that allowed teachers to cash out sick days at the end of their careers.

In Ottawa, elementary teachers are also set to picket outside of Premier Dalton McGuinty's constituency office in Alta Vista and two high schools.

Work-to-rule job action by both high school and elementary teachers has led to extracurricular activities being cut at schools throughout the province.

Preparation

Parents across Ottawa are looking for childcare in preparation for the strike, which will see elementary schools and after school program closed for the day.

"There has been a lot of questions and demand for it," said Laura Bond, a program coordinator at the Dovercourt Recreation Centre, who is running a day-long camp to give kids a place to go. "Especially near the holidays when people need to work, so many parents aren't staying home."

Bond said that the \$45 camp was originally set up for members of the centre, but has been opened to the public. "We already have 125 kids, but we're opening it up for 60 more."

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Attawapiskat chief to launch hunger strike on the Hill

Pointing fingers.

Chief Theresa Spence blames federal government for First Nations housing crisis



JOE LOFARO
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Attawapiskat Chief Theresa Spence said she is not afraid to die from a hunger strike she plans to launch Tuesday on Parliament Hill to force a treaty meeting between Prime Minister Stephen Harper, a representative from Queen Elizabeth II, and First Nations leaders.

She argued the Conservative government is turning its back on First Nations' treaties and she was left with no choice but to send a clear message to Prime Minister Stephen Harper.

"It's time for the Prime Minister to honour it and respect our leaders," said Spence in front of the Peace Tower at a press conference.

"That treaty — it was about

partnership and peace, to build up our country together as partners. But that hasn't been happening. It seems the (prime minister) is on his own. He's making plans without consulting us or even inviting the leadership to the table and say, 'OK, let's plan the future together.'"

Last week, First Nations leaders tried to storm their way into the House of Commons to express their concern about provisions in the latest omnibus budget bill, Bill C-45.

Thousands of lakes and streams were removed from federal protection under changes to the Navigable Waters Protection Act.

"It's time to tell the government we need to have a better dialogue to have a partnership," said Spence. "As we speak, our people are suffering because of the situation that's made by the government."

The housing crisis in her Northern Ontario reserve which made national headlines in October 2011 is still the same, she said.

"People are still living in trailers," she said, adding that



Attawapiskat Chief Theresa Spence speaks to reporters on Parliament Hill Dec. 10 to announce her plans of launching a hunger strike in the name of protecting First Nations' treaty rights. JOE LOFARO/METRO

Attawapiskat residents are still asking for more resources. "The crisis is still on."

She said she consulted with her leaders before mak-

ing the decision to start a hunger strike. She hopes Harper will agree to meet to protect the treaty.

"I'm willing to die for my

people because the pain is too much and it's time for the government to realize what he's doing to us."

Her press conference co-

incided with "Idle No more" rallies held in other regions across Canada to protest measures in Bill C-45.

WITH FILES FROM THE CANADIAN PRESS

Program to give suicidal teens, stuffed ERs, respite

Teens who suffer through the suicidal thoughts, anxiety and depression of a mental-health crisis will have a place to turn for help besides the ER as a \$500,000 intensive-treatment program sets to launch in 2013.

"Forty per cent of cases come back into the hospital because we don't have adequate programs to help them," said Alex Munter, CEO of the Children's Hospital of Eastern Ontario as he described the drive behind the Bridges project.

In the past few years the hospital has seen a 50 per cent increase in mental-health vis-



Coun. Allan Hubley said the new Bridges program would give parents the tools they need to navigate the mental-health system if their teen suffers a crisis. GRAHAM LANKTREE/METRO

its to the ER, Munter said. One in five Ontario youth face a mental-health challenge and 70 per cent of illnesses have their onset in adolescence.

"As a parent your No. 1 priority is the health of your child. We were trying to find out where to go when he came out of CHEO," said city councillor Allan Hubley, of his family's drive to help their 15-year-old son Jamie, before Jamie took his own life in October 2011. "He didn't need intensive 24-hour care, but he still needed care. We as a family need to know how to help him through

that period."

With the backing of \$500,000 in annual funding from the Champlain Local Health Integration Network, Bridges will help families navigate the mental-health system after their child is discharged from the hospital. The focus is on recovery through a team of psychiatrists, psychologists, social workers, nurses and child and youth counsellors, with the aim of preventing relapse and readmission.

Officials were vague about a precise start date for the program, saying they would start

taking referrals in January with their first patient visits in late February or early March.

The program gathers expertise from the Youth Services Bureau, CHEO, the Royal Ottawa Hospital and Ottawa Public Health.

"This is the first time we're talking about solutions," said Hubley, adding that the problem of mental health has been identified with little to address it. "You'll now know who you need to see and where to go to see them," he said. "That's critical, life-saving information." GRAHAM LANKTREE/METRO

Sentenced

DUI driver gets nearly five years in fatal accident

A judge denounced the culture of drinking and driving as she handed a 23-year-old man a near-five-year jail sentence on Monday for a fatal collision in March that killed a mother of twin five-year-old boys.

Jeremy Rees will serve close to five years for impaired driving causing death

after striking Erin Vance, 26, with his car as she walked home from a St. Patrick's Day party in Constance Bay on March 18. The impact threw her 32 metres.

He will also serve 11 months and 18 days for failing to remain at the scene of the Bayview Drive collision.

Rees was also handed a 10-year driving prohibition, which will start after his sentence.

Justice Celynne Dorval told the court she had to denounce Rees' actions after highlighting his "total

absence of any consideration" to drinking and driving.

"Notwithstanding the constant and significant publicity with respect to drinking and driving, the attitude displayed is that of total disregard for the dangers created by impaired driving," said Dorval.

In contrast, Dorval cited Vance's "responsible decision" not to drive home after attending the party — the same party attended by Rees.

JOE LOFARO/METRO



Jeremy Rees, left, leaves the Ottawa courthouse with his lawyer, Paolo Giancaterino, after a bail hearing last March.

MIKE CARROCCETTO/FOR METRO

Bank robbery

Armed bandit robs CIBC branch in Manotick

Ottawa police say a gun-toting man wearing a disguise, robbed the CIBC bank at 1160 Beaverwood Rd. in Manotick on Monday shortly after 3 p.m. An unknown amount of cash was taken. There were no injuries. Anyone with information is asked to call (613) 236-1222 ext. 2912. METRO

Road closure

Skateway prep to close road

Colonel By Drive, between Daly Avenue and Main Street, will be temporarily closed to motorists Tuesday, from 10:30 a.m. to 12:30 p.m. for the installation of Rideau Canal Skateway concession equipment, the National Capital Commission says. During the temporary closure, motorists are asked to use Queen Elizabeth Drive. METRO

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Local food, music, laughs served up on YouTube cooking show

Eva Bee's Jamboree.

13-minute episodes feature chef Ivana Borojevic taking musicians to local food producers before show-ending performances

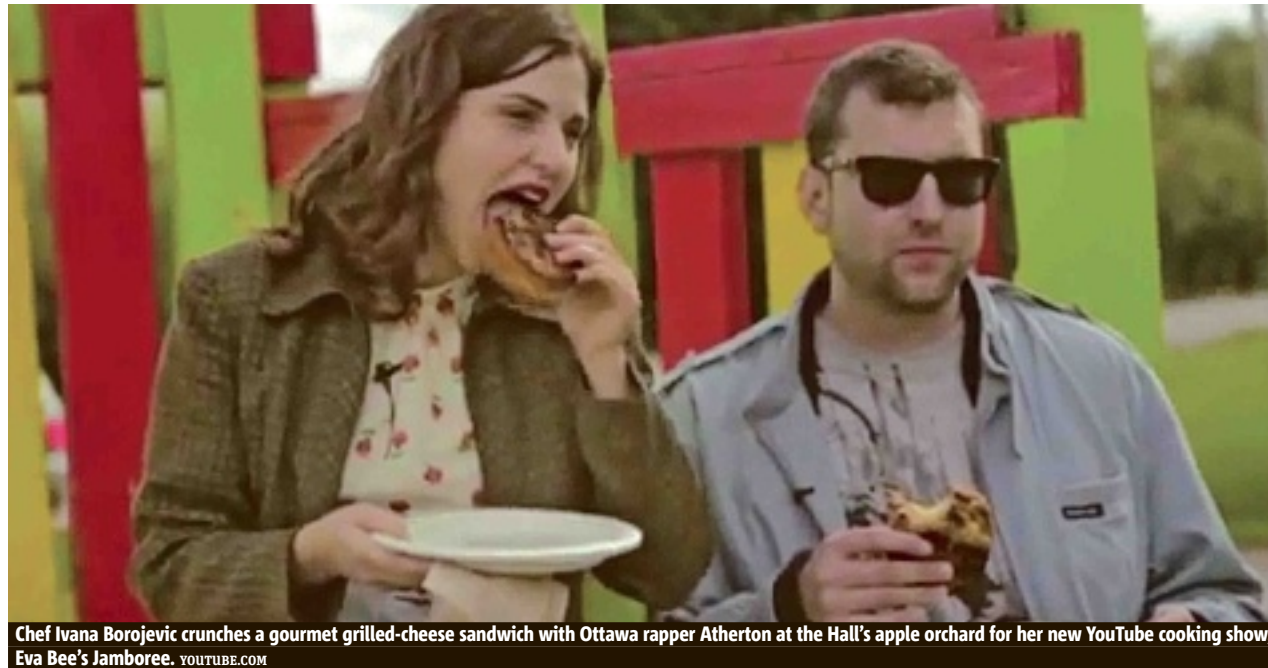


GRAHAM LANKTREE
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With sharp cheeses, wit and her charming, awkward humour, chef Ivana Borojevic is getting Ottawa musicians out of their comfort zones and into the kitchen in her new YouTube cooking show.

"It's like inviting your friends over for music, cooking and laughs," says Borojevic, of the genre-spanning Eva Bee's Jamboree, which started up in September with shrimp empanadas made by eclectic rock outfit Zoo Legacy.

Borojevic is the hand behind local caterers the Red



Chef Ivana Borojevic crunches a gourmet grilled-cheese sandwich with Ottawa rapper Atherton at the Hall's apple orchard for her new YouTube cooking show, Eva Bee's Jamboree. YOUTUBE.COM

Apron's gourmet sandwiches, including their delicious salmon and pickled fennel. "Job after cooking job, I would get

promoted very quickly," she said. "I love the creative aspect of it and can bridge the gap between local farmers

and the average Joe."

In one of her most recent episodes, Borojevic teams up with rapper Atherton to hit

Ottawa's nearby Hall's apple orchard and make a gourmet grilled cheese sandwich from beer bread, fresh apples, moz-

zarella and aged cheddar.

"Both music and food are kind of food for the soul. The options are endless with this show," said Borojevic, hoping to pitch the idea of longer episodes to TV stations. "It would be like Bill Nye the Science Guy with different vignettes."

In the 13-minute episodes, Borojevic cooks up a storm, takes the musicians out to a local food producer and then features a song played on set by her guests.

"The empanadas seem complicated because you have to make the dough," she said. "But I don't want to intimidate anyone with what we make on the show. I hope it inspires them."

Next on her list is to get Ottawa's Juno-winning band Monkeyjunk into the kitchen for some blues-inspired eats.

"I'm hoping that the momentum picks up and they'll be able to make time," she said. "I've been in touch with them, but it's hard to get Steve Marriner's schedule in line."



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Undercover research. Animal cruelty rooted out at Manitoba hog farm



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Metro in Winnipeg

An animal-welfare advocacy group said a months-long undercover investigation at a Manitoba hog farm demonstrates a need for swift action on the part of retailers, industry and government.

"The extreme cruelty documented at this factory farm would horrify most Canadians but is considered standard and acceptable within the pork industry," said Twyla Francois, director of investigations for Mercy For Animals (MFA) Canada, at a press conference in Winnipeg on Monday.

"These are the standards that exist right across Canada."

The footage was captured by an undercover investigator who spent 10 weeks from July to September working at hog farm Interlake Weanlings, owned and operated by Puratone in Arborg, Man.

In it, sows are seen in pens so small that they cannot turn around, called gestation crates. The video also showed sows with sores and eye infections, as well as the tails and testicles of piglets being sliced off without painkillers.

Francois said this facility was randomly selected, as the investigator sent many job ap-

Official response

A statement from Ray Hildebrand, president and CEO of The Puratone Corporation:

- "We are disturbed by some of the images ... which do not reflect our animal welfare policy and principles.... All of our employees receive training to ensure that they adhere to these standards, and we have veterinarians on staff to enforce these requirements. We have launched an immediate investigation and corrective actions will be taken."

plications and it was the first to hire him.

The MFA is calling on grocery retailers Sobeys, Superstore and Walmart to stop purchasing from companies that employ such practices.

Gestation crates have been banned by the EU, Australia, New Zealand and nine U.S. states.

Maple Leaf Foods, which is in the process of purchasing Puratone, has committed to phasing out gestation crates by 2017.



Twyla Francois of Mercy For Animals. BERNICE PONTANILLA/METRO IN WINNIPEG

Allegations of bias fly in robocall case

Election scandal. Pollster Frank Graves grilled over donations to federal Liberals

The credibility of a key witness in a legal bid to overturn Conservative victories in six closely contested ridings came under fire Monday as hearings began into allegations of voter-suppression tactics during the last federal election.

Eight Canadians — supported by the left-leaning Council of Canadians — are challenging the results in those six ridings, alleging misleading or harassing phone calls kept some people from voting and may have affected the results.

Central to the Federal Court case by eight applicants is a report by the firm of pollster Frank Graves, which he says shows signs of a targeted voter-suppression campaign aimed at non-Conservative voters during the May 2011 election.

On Monday, Conservative party lawyer Arthur Hamilton grilled Graves, president of Ekos Research, over donations to the federal Liberals dating back to 2006, as well as inconsistencies in prior court affidavits submitted as part of the case.

Graves is unfit to be an expert witness in the case, Hamilton argued.

The Conservative party lawyer produced screenshots from the Elections Canada website showing three donations between 2006 and 2008. Graves said his office recorded the cheques as donations to the party.

Earlier in the day, Hamilton argued the case is frivolous, saying the eight applicants are really just stand-ins for the left-wing council.



The applicants' lawyer, Steven Shrybman, during a recess of Federal Court on Monday. ADRIAN WYLD/THE CANADIAN PRESS

"There are simply too many pieces of evidence which point to the fact that the Council of Canadians is the real applicant here," Hamilton told the court.

Hamilton is asking the court to dismiss each of the applications. The council has no bona-fide witnesses who could testify that they actually were dissuaded from casting a ballot because of the calls, he noted.

But Garry Neil of the Council of Canadians said the applicants need only show the calls were made, sully the electoral process. **THE CANADIAN PRESS**

Elections Canada investigation

The case is parallel to — and unsupported by — an ongoing Elections Canada investigation into the fraudulent robocalls, stemming from complaints that have surfaced in 56 ridings across the country.

- **Tory denial.** While the misleading phone calls appeared to target non-Conservative voters, the

Conservative party insists it had no involvement in any such scheme and says it is assisting the investigation.

- **Greasy culprit.** A shadowy operative known only as "Pierre Poutine" is believed to be behind the calls. However, Elections Canada has not yet been able to find that person.

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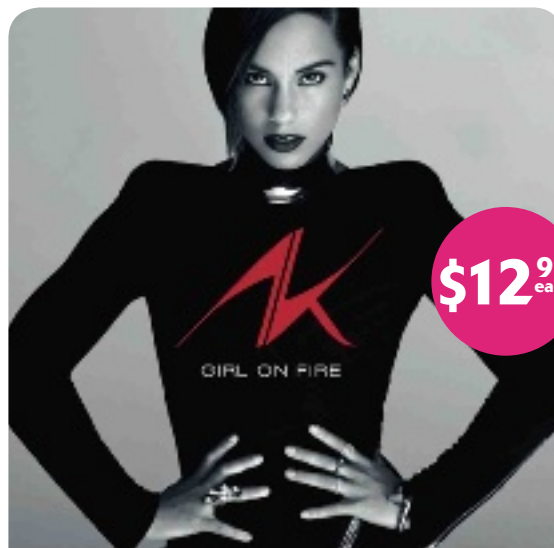
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The Abbotsford police sent this holiday card to known offenders and people with gang affiliations, hoping the gesture would inspire the recipients to choose a different path in life. CONTRIBUTED

B.C. police enlist machine-gun Santa

Christmas crackdown. Provocative holiday card offers a helpline for offenders looking to choose a new path



EMILY JACKSON
Metro in Vancouver

Abbotsford, B.C., police hope a naughty holiday card will inspire gangsters to be nice.

Police sent a holiday card on Friday featuring Chief Const. Bob Rich dressed as a machine-gun-toting Santa in tactical gear to dozens of prolific offenders and people involved with drugs and gangs.

The card asks, "Which list will you be on next year? Will it be naughty or nice?" On the

New tactics

"For the cost of printing and a postage stamp, we certainly think it's worth a try."

Chief Const. Bob Rich

inside, it provides a phone number to call for help making better choices.

Sure, it's a little provocative, but that's what could make people open the card and realize the police are there to help them choose a different path in 2013, Const. Ian MacDonald said.

"If it was just a snow-scape from the APD with just the additional messaging, we don't think it would get peoples' attention in the first place," MacDonald said.

Many offenders it was sent to have likely seen officers in Emergency Response Team gear anyway, especially if they're involved in drugs, he said. The card is in the mail to those who have 10 or more criminal convictions, have been the subject of five or more police investigations in the past six months, are at a set address to obey court conditions or are involved in gangs or drugs.

The same graphic was sent to the regular mailing list and the offenders, with the only difference being the help-line message inside, MacDonald added.

Should people call the line, they'll have the chance to leave a message and set a time to speak to police about a new path. "You are always only one choice away from changing your life," the card reads.

Fourth allegation

Another Elmo accuser emerges

Another Florida man is suing the former Elmo puppeteer who resigned amid sex-abuse allegations, claiming the voice actor befriended him in Miami and promised to be a father figure before flying him to New York to have sex with him. The alleged victim is now the fourth to accuse Kevin Clash, who resigned from Sesame Street last month after 28 years. The three legal actions filed so far have been civil cases. Monday's lawsuit, though, could involve criminal charges. **THE ASSOCIATED PRESS**

Auction. Album signed by John Lennon for his killer on sale for \$650k

A copy of the album Double Fantasy signed by John Lennon for the man who would murder him a few hours later has gone on sale for \$650,000 US, according to auction house Moments in Time.

Included with the record are police reports, forensically enhanced fingerprints of killer Mark David Chapman and letters from the district attorney, Moments in Time president Gary Zimet said.

Lennon had autographed the front of the dust jacket. **TORSTAR NEWS SERVICE**



John Lennon THE ASSOCIATED PRESS FILE



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Detained in Guatemala. McAfee wishes for return to 'normal life' in U.S.

Software-company founder John McAfee said Sunday he wants to return to the United States and "settle down to whatever normal life" he can.

In a live-stream Internet broadcast from the Guatemalan detention centre where he is fighting a government order that he be returned to Belize, the 67-year-old said "I simply would like to live comfortably day by day, fish, swim, enjoy my declining years."

Police in neighbouring Belize want to question McAfee in the fatal shooting of a U.S. expatriate who lived near his home on a Belizean island in November.

The creator of the McAfee



John McAfee
THE ASSOCIATED PRESS

antivirus program again denied involvement in the killing during the Sunday Internet video hookup, during which he answered what he said were reporters' questions. **THE ASSOCIATED PRESS**

For recreational use

Marijuana now legal in Colorado

Marijuana for recreational use became legal in Colorado on Monday when the governor took the procedural step of declaring the voter-approved change part of the state constitution.

Colorado became the second U.S. state after Washington to allow pot use without a doctor's recommendation. Both states prohibit public use of the drug, and commercial sales in Colorado and Washington won't be permitted until after regulations are written next year.

THE ASSOCIATED PRESS

Ikea macaque sheds shearling at new home

Popular primate. Now that Internet has gone bananas over Darwin, it's time for him to rediscover monkeyhood

His outfit was nearly as audacious as his escape — a baby monkey in a faux fur jacket whose startling appearance in a Toronto Ikea parking lot Sunday afternoon saw him transformed into an Internet sensation.

On Monday, however, fame and fashion seemed an afterthought for the seven-month-old rhesus macaque named Darwin as he settled into his new home at a primate sanctuary north of Toronto, dressed in nothing but his skivvies as his new caretakers introduced him to the cage where he will learn to live amongst his own.

"He's got to learn how to be a monkey now," said Jennifer Ross, barn manager at Story Book Farm Primate Sanctuary in Sunderland, Ont., where



A day after his daring adventure began in a Toronto Ikea parking lot, Darwin arrived at Story Book Farm Primate Sanctuary in Sunderland, Ont.
NIAMH SCALLAN/TORSTAR NEWS SERVICE

Darwin arrived to the squeals and squawks of other monkeys shortly after 3 p.m.

And a challenge it will be.

On Monday, a home video surfaced online depicting the young primate sipping from a baby bottle and parading around in a series of outfits. The previous owner had told Animal Services staff they acquired Darwin in Montreal

when he was six weeks old and kept him as a pet in Toronto.

Sherri Delaney, who opened the sanctuary with husband Leonard in 2000 and now provides shelter to a mixture of nearly two dozen primates from zoos and private homes across the country, said it's not uncommon to hear of people treating monkeys like babies — but it's certainly not right.

Quoted

"The animal's safety was at risk, the public's safety was also at risk."

Mary Lou Leiher, Toronto Animal Services

"He's not meant to sit and replace a baby or a child or a doll or something," she said. "He's an animal and he deserves to be treated with dignity and respect."

Officials believe the monkey facilitated his own escape, opening his crate and fleeing from his owner's car at the Ikea parking lot at around 2 p.m. Sunday. He spent about 30 minutes wandering around the lot in a coat and diapers before he was captured by Toronto Animal Services and taken to a shelter.

Known carriers of some diseases including herpes and hepatitis B, rhesus macaques are a prohibited animal in the city. His owner officially surrendered him to the city and was fined \$240.

TORSTAR NEWS SERVICE

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Bad apps? FTC wants to know if software firms collected personal data from children

Software companies that make cellphone apps are being investigated to determine whether they have violated the privacy rights of children by quietly collecting personal information from phones and sharing it with advertisers and data brokers, the U.S. Federal Trade Commission said Monday. Such apps can capture a child's physical location, phone numbers of their friends and more.

The FTC, a U.S. government agency, described the marketplace for mobile applications — dominated by online stores operated by Apple and Google — as a digital danger zone with inadequate oversight. In a report prepared by the FTC's own experts, it said the industry has grown rapidly but failed to ensure the privacy of young consumers is adequately protected.

THE ASSOCIATED PRESS

Wireless industry

Defend us from roaming fees, poll respondents say

A new study says consumers want better protection from international data roaming fees on their cellphones. The study by the Public Interest Advocacy Group says Canadians are insecure about using their wireless device while out of the country — 44 per cent of those surveyed said they preferred to leave their device off when travelling.

THE CANADIAN PRESS

Market Minute



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Tie one on! Random House staff to get \$5K cheques

Bondage bonuses. Publishing house has had banner year, thanks to Fifty Shades of Grey

Sex sells, but it also gives back. Thousands of Random House employees in Canada and the United States will each receive a \$5,000 bonus cheque on Thursday as a "thank you" for a lucrative publishing year.

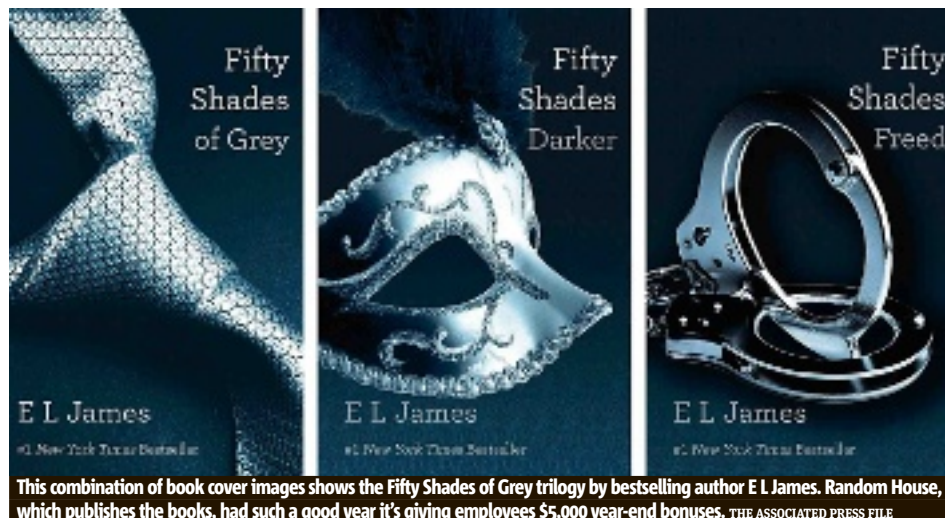
The erotic bestseller Fifty Shades of Grey and its two sequels, published by Random House, have sold 60 million copies worldwide.

Other Random House titles have also raked in profits this year, including Gone Girl by Gillian Flynn, Wild by Cheryl Strayed and The Racketeer by John Grisham.

"This is a one-time special thank you for a great 2012," Random House U.S. spokesman Stuart Applebaum told Torstar News Service.

"To my long recollection, this is the first time we have done something of this scope and magnitude."

A few thousand Random



This combination of book cover images shows the Fifty Shades of Grey trilogy by bestselling author E.L. James. Random House, which publishes the books, had such a good year it's giving employees \$5,000 year-end bonuses. THE ASSOCIATED PRESS FILE

House employees in the U.S. and 170 in Canada will see their bonuses in this Thursday's paycheques, Random House Canada spokeswoman Tracey Turfiff said.

"Everyone from the CEO to the staff in the operating centres will each receive the same amount," said Applebaum.

Fifty Shades is published in 31 languages but the bonuses are "a North American initia-

Quoted

"To my long recollection, this is the first time we have done something of this scope and magnitude."

Random House U.S. spokesman Stuart Applebaum

tive," said Turfiff.

Employees who've worked for Random House for the full year will get \$5,000, said Turfiff. Newer employees' bonuses will be pro-rated.

Random House — a division of media giant Bertelsmann — and publishing behemoth Penguin Books announced a worldwide merger in October.

TORSTAR NEWS SERVICE

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MAKE NICE FOR THE HOLIDAYS AND AVOID THESE NAUGHTY MISTAKES



SHE SAYS...
Jessica Napier
metronews.ca

The holidays tend to bring out the best in people, but occasionally (often) they also bring out the worst. Here are five common mistakes you'll probably make at some point this season, but maybe should try to avoid.

1. Do something inappropriate during the office holiday party.

It doesn't take a genius to figure out that free booze + annoying co-workers (or even worse, a sexy co-worker) make for a terrible combination. Plenty of you are going to get yourselves into trouble after a few too many eggnog-based bad-idea bevies. But be sure to alternate between yuletide cocktails and water to avoid turning into a red-faced wreck, and remember — what happens at the office party ends up on Facebook.

2. Attempt to shop for others and buy gifts for yourself instead.

I get it: You're roaming the mall on a peppermint-mocha high and suddenly you want to buy ALL THE THINGS. But you know who's going to be really mad about that decision? Future you. A \$40 lipstick is going to seem pretty wasteful when you see your credit card bill in January.

3. Feel sad about spending the holidays alone.

There's something about this time of year that brings out the smugness in happily-in-love couples. And sure, it would be ideal if we all got to spend the holidays walking hand-in-hand with that special someone through a majestic snow-covered winter wonderland, but the reality is, that may not happen for you. So ignore your Facebook feed as it lights up like a Christmas tree with engagement-ring photos and focus on yourself. Spend the money you saved on not buying a gift for a significant other on an enjoyable solo excursion and laugh at all those people suffering through overcooked turkey with the in-laws.

4. Make the "seriously?" face after opening a terrible gift.

It's hard to feign excitement over a lacklustre gift. One year my grandparents gave me a biblical pamphlet and a pair of scissors. No, it wasn't a joke. I smiled graciously despite my secular leanings and an abundance of clip-pers back home. Because if the holidays are about making others happy, then pretending you really love a three-pack of gym socks or a novelty tie is the least you can do.

Which brings me to my final mistake.

5. Forget what it's really all about.

The holidays aren't really about the presents; they're about being present (see what I did there?) with your loved ones. So stop Instagramming your holiday haul and try to warm that Grinch heart by having an actual conversation with your family.

Darwinism makes fashion sense



REBECCA ROSE/TWITTER

Monkeying around

Tweeters go ape over Darwin

Twitter can't stop monkeying around.

Since the discovery of a stylish monkey wandering around a Toronto Ikea parking garage Sunday the Twittersphere has exploded.

Darwin, the rhesus macaque monkey now in the custody of the Story Book sanctuary, has become an overnight Internet sensation and garnered attention from CNN's Anderson Cooper and

a number of politicians on Parliament Hill, not to mention media from around the world.

A number of Twitter users took to the Ikea monkey hashtag (#ikeamonkey) Monday to quip about the sharp-dressed man, er, monkey.

One tweeter implied Darwin and Oasis' Liam Gallagher might be long lost brothers.

"If Ikea has any business sense at all, it'll be rushing sheepskin coat-wearing toy monkeys to its outlets by Christmas," said @ColinHalling. **TORSTAR NEWS SERVICE**



@GRAPHICMATT/TWITTER

Runaway to runaway



SSENSE/CONTRIBUTED

Darwin is setting fashion trends with his tan, double-breasted shearling coat.

- Toronto Life claimed there's a coat to make you look as dapper as the Ikea monkey: the "tan, faux-shearling parka from A.P.C. with inset pockets and a concealed zipper..." (Pictured above, which was published next to a picture of Darwin).

Memes

Ikea monkey often imitated

From one-liners, to silly new Ikea slogans, to Photoshopped pictures, people are having endless amounts of fun with the news that a monkey named Darwin was spotted running around outside an Ikea in a shearling coat on Sunday.

One user posted a picture of the monkey, sporting its stylish coat juxtaposed with pictures of Ryan Gosling and Jared Leto wearing similar jackets asking, "Who wore it best?" **TORSTAR NEWS SERVICE**



PERKCARROT/INSTAGRAM



No need to make the puppy face this season. FLICKR.COM: SADIEHART

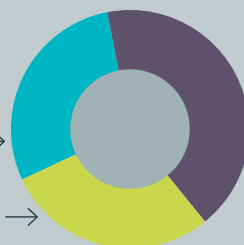


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42%
NOT AT ALL.
OTHER THINGS
HAPPENED
LAST WEEK,
RIGHT?

Twitter

@alexkillby:

I don't think it's possible to invent a more miserable type of weather than freezing rain... #ottawa

@justinbieber I'm so thankful you're coming to #ottawa again but the anticipation of getting tickets is so stressful!

@twitandrewking:

Just witnessed man devouring a Harvey's burger wearing wool gloves. Condiments everywhere... #whyworldwhy

@annabelanger:

Had I know about winter in Ottawa before I moved here I would have never bought a corner lot! #snowplownightmare!

@vanessaxoricher:

Cancun Boys>Ottawa boys

@Deefer:

The free wifi at the ottawa airport was good enough to watch netflix. Color me impressed.

@gingyxo:



Big Boi's new album *Vicious Lies and Dangerous Rumors* is his second standalone effort from OutKast. ANDREW ZAEH

Setting the record straight on a dangerous rumour

Big Boi's new album. One half of OutKast has some new work to share, but first Metro had to find out how to Tom Petty someone

PAT
HEALY
Metro World News

Vicious Lies and Dangerous Rumors, the second stand-alone solo album from Big Boi, may raise a few questions about a certain Southern musician. No, we're not talking about his erstwhile OutKast collaborator André 3000, but Tom Petty. The first lines of a track with the title spelled out Thom Pettie feature an impossibly deep

voice chanting, "Thom Pettie that hoe/Free falling, we out all night." We had to get to the bottom of the meaning before any real vicious lies or dangerous rumours spread.

What does it mean to Tom Petty somebody?

If you're going out for the wild night and you never know where the night is going to take you, we call it free falling. That's called Tom Pettying! If you Tom Petty for the night, you don't know where you're going to end up at in the morning.

Does Tom know about this?
I don't know.

Is this something you're doing to create a dialogue? Would you ever collaborate with him?

Hell yeah! If it was time to do it, then yeah. I'll work with anybody as long as it's fun.

I heard you had been working on something with Modest Mouse, too.

Well, they came and they wanted us to do some work on their album, me and my partner Chris (Carmouche), so they came down for a weekend and we co-produced like three records with them. I think they're just handling some stuff internally, but the songs are dope as hell, and I can't wait for them to come out.

Who else are you trying to work with?

I really want to work with Kate Bush. That's the only person that I haven't worked with that I want to.

I heard that you really wanting to work with her! And you guys are exchanging emails now?

We're actually talking on the phone. We're going to have a face-to-face meeting when I go over to Europe, just to sit down and talk with her, catch up a little bit and see where we can go from there.

How did the collaboration with the bands Phantogram and Little Dragon work? Did either of you come into the studio with ideas you wanted to use?

Not really. It really all starts with the music. We started recording and it was like an experimental process. We started with sound, from scratch, and let the song just build from there.

What kind of back-and-forth did you have with the bands?

As far as production wise, it was tinkering with the music. When we first record all the elements might not be there, and through the course of 13 months the song would change several times, just adding to the music. Me and my partner, Chris (Carmouche), were pretty much in charge of the whole metamorphosis of the music, so I had both Little Dragon and Phantogram each come for like a week straight, and we'd just sit down and record a lot of music. And then we would send the stuff back and forth, and if they had elements they wanted to add, they would add it and send it back to us.

2 SCENE



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Actor revisits 'precious' role in Hobbit

Andy Serkis.

British actor talks to Metro about the trials and tribulations of playing Gollum in another three films

HEIDI
PATALANO
scene@metronews.ca

It hardly sounds favourable to say that Andy Serkis looks like the character he's known best for inhabiting — Gollum is one homely ex-hobbit — but they both possess piercing blue eyes that captivate those on whom they're set.

After playing this physically demanding role for six films, you must have some sort of Gollum calisthenics routine.

I have to stretch out every day now, because a lot of the roles I have played in recent times have been physical ... but I just do basic stretches. I have to. My back took a hit when I did Gollum the first time around. I ended up with a pretty sore lower back from being crouched down all the time. ... When I'm doing a role like that I usually work



Andy Serkis as Gollum in The Hobbit trilogy. CONTRIBUTED

with a muscular therapist. I have a great one in New Zealand, Tracy.

You have a lot more to go with Planet of the Apes.

That's absolutely right, because

the most exhausting part of that role was playing him as a young chimp — that was pretty tortuous, that was hard work. He had the fast energy, but low and crouched and then spinning around. I was pretty

exhausted doing that.

So in The Hobbit Gollum has a scene with Bilbo Baggins that is said to be the most iconic of anything Tolkien wrote. Had you rehearsed

this in your mind, even before you started shooting the first Lord of the Rings film?

Absolutely, because it's the source of losing the ring and from then on it becomes Gollum's revenge. The de-

sire to kill Baggins and get back "the precious" is what drives the entire Rings trilogy, so this is the source of it. ... Lord of the Rings was written after The Hobbit, so subsequent publications of The Hobbit have more about the ring, which Tolkien went back and wrote.

You've done so many motion-capture roles recently. Have you become more comfortable doing that as opposed to showing your face on camera?

In terms of acting it's the same thing. There's no difference. That's the thing, performance capture is a technology which is another way of recording an actor's performance. ... To play Gollum is no different to playing Ian Dury or to playing King Kong is no different to playing Ian Dury. It's all about characterization and embodying that role and finding a physicality and physical vocabulary, a mental understanding, building the emotional arc of the character and just getting into the role. And that's the same whether you're wearing a costume and make-up and a caliper on one leg or crawling around as Gollum.

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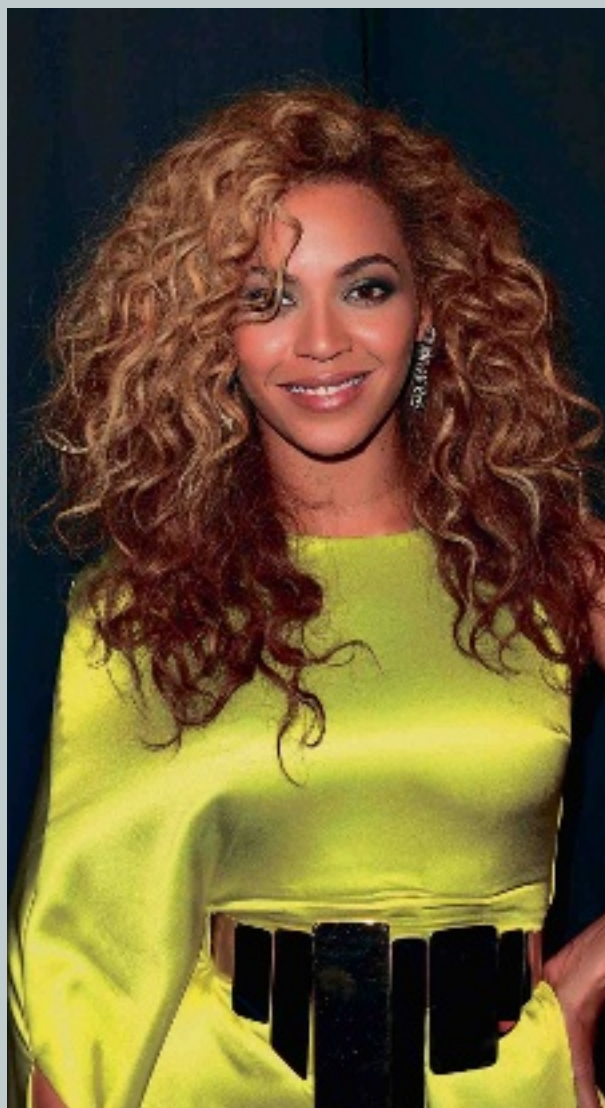
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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Beyoncé: Now brought to you by Pepsi



**THE
WORD**
Dorothy Robinson
scene@metronews.ca

Pepsi is throwing a ton of cash — \$50 million, to be exact — at Beyoncé to make the singer the “face” of the company. Here’s what the deal includes:

- Beyoncé’s face will be found on limited-edition cans, starting in March.
- She’ll be featured in TV commercials, the biggest of which will debut after her Super Bowl XLVII halftime performance on Feb. 3.
- She will also appear in the usual media: billboards, magazine advertisements, etc.
- Pepsi will sponsor her tour.
- And here’s where the deal

might become an interesting collaboration: Pepsi will fund Beyoncé’s creative whims, which might not have explicit connection to the soda giant, per the New York Times. This might mean live events, videos, “a cool photo shoot” or anything that Beyoncé might think of, said Lee Anne Callahan-Longo, the general manager of Parkwood Entertainment, Beyoncé’s company.

Is anyone else surprised by this collaboration? I know it’s hard to say no to \$50 million, but soda is bad, y’all. Isn’t she worried about lending her image and name to something that is known to cause wide-spread health problems?

Or am I just being all Mayor Bloomberg about this? Even looking past lending her image to a can of sugar, isn’t Pepsi the No. 2 can of sugar? Leave Pepsi to Kelly Rowland, girl! You’re a Coca-Cola girl all the way!

Twitter



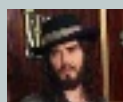
@Pink

I’m wishing everyone a little more tolerance this year in their stocking. For the new year. For Chanukah. Whatever you celebrate. After reading some of your responses to my happy Chanukah last night, I feel tolerance is something a lot of you need.



@channingtatum

Big thanks to the kids in Ms. Ochoa’s 5th grade class at Poway’s Valley Elementary! Great job on your project!



@rustyrocks

Anyone who does the (traumatic) Sydney Bridge Climb today tell “Bernie” the guide my Mum fancies him.



@ladygaga

He had me at “hello, it’s Mick.”



Doherty reaches out to help troubled fan

Celebrities often say they care about their fans, but Shannen Doherty means it. The former Beverly Hills 90210 star called 911 from L.A. recently to get help for a Twitter follower in New Jersey Doherty believed was suicidal, according to TMZ. “This is going to sound incredibly strange,” Doherty says on the 911 call, obtained by the website. “My name is Shannen Doherty and I’m

an actress, and there is a girl who is threatening to shoot herself.” The unidentified 27-year-old woman had sent Doherty messages on Twitter claiming she would kill herself if Doherty didn’t call her on the phone. “My security guys told me to block her because she’s aggressive and does very erratic things,” Doherty says on the emergency call. “I felt bad for her, to be honest.”



Demi Moore

Demi gets down: Moore’s in Miami, trick!

Demi Moore is hitting Miami in a big way. The actress has been spotted around town multiple nights in a row at nightclubs and hotspots, living it up until the wee hours, according to Us Weekly. “The whole table was drinking,” a source says after seeing Moore’s gang kick off a recent night at club FDR. “She sat between two guys and was laughing, having fun.” The group then hit up several other clubs before arriving at

Rec Room around 4 a.m. “They were all starving,” the source says. “They sat in the club eating burgers and fries and drinking beer until the club closed and the lights went on.” While Moore’s partying has led to problems before — including hospitalization and a stint in rehab earlier this year — a friend insists everything’s fine, telling the magazine the actress is “in a good place. She’s open to experiencing new things this year.”

Lindsay hitches a ride on the romance bus



Lindsay Lohan ALL PHOTOS GETTY IMAGES

How serious are things getting between Lindsay Lohan and British boy-bander Max George? So serious that the troubled starlet has reportedly moved into his band The Wanted’s tour bus, according to Hollyscoop. “(There’s) no separate space, she bunks with the boys,” the band tells the website. “It’s nice to have a girl around. She keeps us in check.” And George has been boasting of the supposedly sober Lohan’s partying prowess, telling New York’s Z100 radio station, “She always brings vodka to the table.”

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Fatty foods and a slim waist? It's a French secret

Health and well being. Metro's nutritionist takes on a French diet; chocolate soufflé and all

THERESA ALBERT
myfriendinfood.com

January will bring with it the resolution to lose weight or "get healthy," but come on, we all know it never works.

We are sidelined by the French-women-don't-get-fat-so-I-can-have-this-croissant-the-size-of-my-face rationalization.

Wanting to test the French diet theory, I spent three days eating like the women I saw around me on a recent trip to Paris.

I asked a lot of questions and did everything they would do including eat late, drink wine, embrace cream and other fatty foods. What I discovered was that there is more, much more to it than meets the eye.

A typical (or slightly more decadent than typical) food day in Paris follows this pattern:

8 a.m.

Tiny croissant (four inches long), one teaspoon butter, one teaspoon jam and an espresso

10 a.m.

Espresso

1 p.m.

Fish soufflé, small salad, tiny scrap of bread, chocolate soufflé, one or two glasses of red wine

4 p.m.

Espresso, tiny cookie, a few nuts (four)

9 p.m.

Three ounces foie gras, five ounces baked fish, small



The French food diet isn't for everybody, but there are reasons it can work. HANDOUT

scrap of bread, insanely buttery mushrooms, two or three glasses red wine, three homemade caramels.

I diligently followed the pattern, with variations, breaking every rule I have learned (and spouted) as a nutritionist.

By the end of the three days, my palate was happy as a clam but my body felt as sick as a dog.

Whether I am genetically

unfit or my digestive system is untrained, this diet was clearly not meant for me.

Portion sizes were small enough that, even though the composition of the food was fattier, I was probably still clocking my average of 1,800 calories on a non workout day.

After only three days, my guts were churning, my gall bladder was screaming at me and I had gained a full pound and .01 per cent of a body fat

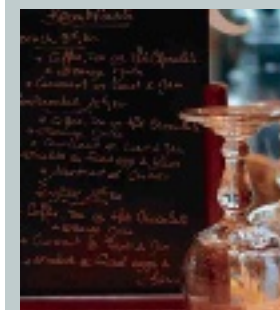
percentage. This is statistically insignificant and unscientific to be sure, but it was interesting to note. My liver was probably ticked at me too, but livers are quiet, workaday organs that don't complain much.

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT AND FOUND DAILY AT MYFRIENDINFOOD.COM

Secrets of the French

My goal was to come up with a take-home message that lets us enjoy the best of the French paradox while still applying a nutritionist's knowledge. Here are the secrets at play that let them get away with it:

- **Walk.** Parisians walk all day long, they walk to the subway, they take the stairs, they don't try to fit in a trip to the gym, but instead, they work their exercise into their day.
- **Drink.** Small, calorie free espressos fuel the day with less caffeine and fat than one double double adding up to about 300 calories less than the average Canadian's consumption (calorically, that buys you two glasses of wine).
- **Hunger.** Caffeine consumed in this espresso fashion suppresses the appetite, sugary, fatty lattes do the opposite
- **Hunger.** Choosing full fat foods (not beverages) suppress the appetite and allow a little to go a long way



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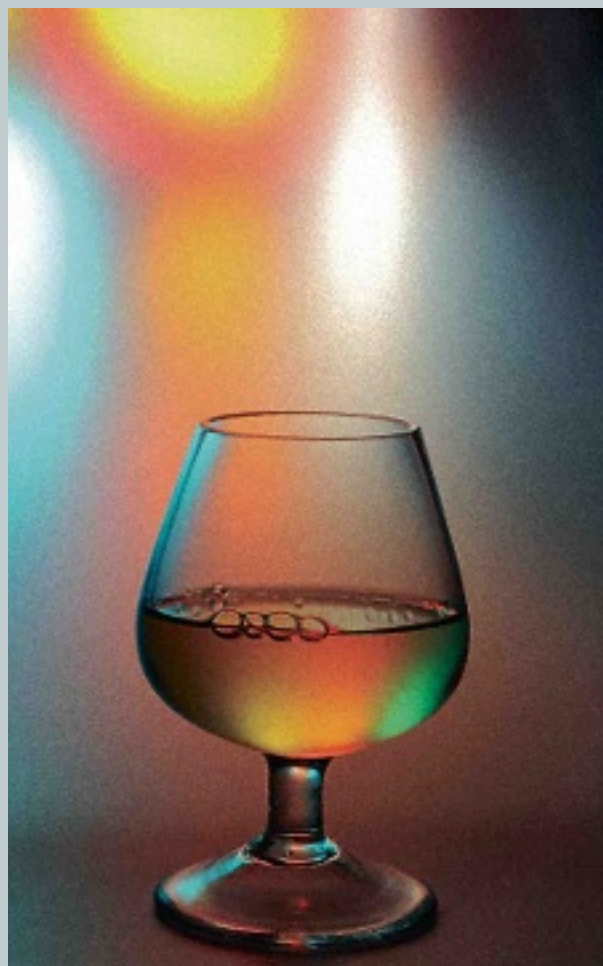
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Best Health



Mixed messages about booze



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the December issue of Best Health, we go behind the headlines about the health benefits, and drawbacks, of alcohol. It's certainly confusing: one day alcohol is good for you, the next day there are warnings about it. For example:

"It increases your cancer risk" versus "It decreases your cancer risk."

"It harms your brain"

versus "It helps your brain."

"It stresses you out"

versus "It relaxes you."

"It harms your bones"

versus "It helps your bones."

"It causes weight gain"

versus "It helps you stay slim."

"It'll kill you" versus

"It'll help you live longer."

The fact is, there is truth to each of the above statements and credible studies supporting each theory.

We dove into them to get you the truth about alcohol — and we drew some conclusions to help clarify the issue.

The article appears in the December issue of Best Health, on newsstands now.

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Surviving the holidays

The Christmas stress.

With pressure coming in every direction, this time of year can be tough to get through unscathed

CELIA MILNE

wellness@metronews.ca

Striving for perfection? Forget about it. Your body might rebel if you try to be perfect during the holidays.

"The season is rife with mental health issues," says Toronto psychologist Dr. Judy Coldoff.

Women are especially vulnerable.

"There are gifts to buy and wrap, foods to prepare, decorations to mount, invitations to repay, budgets to extend — all in the spirit of a rather forced gaiety that lasts for almost two months.

"Above all," adds Coldoff, "there is pressure to do it right. These things take an intense toll on both physical and mental health."

Typical pitfalls of the season are drinking too much, not getting enough sleep,



The holidays can leave you tangled and tied, but there are ways to not get caught up. ISTOCK PHOTOS

over-eating, anxiety, not exercising, keeping up with the Joneses, having too much to do, exceeding your budget,

feeling conflicted with family members, travel hassles, and the woes of shared accommodation.

"It's supposed to be so beautiful, so like that Norman Rockwell painting. It rarely is."

Holiday tips

Dr. Coldoff's tips for surviving the holidays. Simply put, just don't get caught up in the little things.

- **Shopping.** Avoid holiday crowds by shopping at off-hours.
- **Money.** Draw up and stick to a budget.
- **Naps.** Get plenty of sleep
- **Food.** Plan pot-luck meals to share the work
- **Exercise.** Have group walks as a planned activity.



You are not alone — cat allergies are one of the most common forms of allergies in the United States and Europe. As you know, the symptoms can significantly reduce your quality of life. The sneezing, itchy and burning eyes and skin, and stuffy or runny nose can be unbearable. You may have even tried multiple different treatment options with no improvement.

That's why physicians in your area are conducting a clinical research study of an investigational medication to see if

it helps reduce the symptoms associated with cat allergies.

You may qualify to participate if you are between the ages of 12-65, live with a cat, and have experienced cat allergies for at least two years.

Qualified participants will receive all study-related care, including physical exams, lab services and study medication at no cost. Insurance is not required and compensation for travel and services may be available.

To learn more, please contact:


Ottawa Allergy Research Corp
Rachel
613-725-2102 ext 248

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THIS WEEK: Time is Running Out to Take Care of Those Holiday Smiles



Liven up ho-hum spinach with pecans, pears and brie



This recipe serves 8. BRIAN MACDONALD/ROSE REISMAN'S COMPLETE LIGHT KITCHEN



ROSE REISMAN
for more, visit
rosereisman.com

The sweet and savoury combination of cinnamon-sugared pecans, ripe pears and small morsels of brie is sensational. There is very little oil in this recipe, but you won't miss it. You can easily make this a main meal salad by adding some grilled chicken or shrimp.

1. Preheat oven to 350°F. Spray a baking sheet with cooking oil.
2. Rinse the pecans with cold water. Drain, but do not let them dry. Combine the icing sugar, cinnamon, allspice and nutmeg in a small bowl. Dip the pecans in the sugar mixture, coating them well. Spread on the prepared baking sheet.
3. Bake for 15 minutes in the centre of the oven. Remove and cool. When they're cool enough to handle, chop coarsely.

Ingredients

- 1/3 cup pecan halves
- 3 tbsp icing sugar
- 1/4 tsp cinnamon
- 1/8 tsp allspice
- 1/8 tsp nutmeg
- 8 cups baby spinach leaves
- 1 cup diced radicchio
- 1 large ripe pear, peeled, cored and diced
- 2 oz brie, diced
- 2 tbsp orange juice concentrate, thawed
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp minced garlic
- 1/2 tsp liquid honey
- 1/2 tsp Dijon mustard

4. Combine the spinach, radicchio, pear and brie in a large serving bowl.

5. Whisk the juice concentrate, oil, vinegar, garlic, honey and mustard in a small bowl. Pour over the salad and toss to coat. Garnish with the candied pecans.

ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Liver and let live



NUTRI-BITES
Theresa Albert, DHN, RNC
myfriendinfood.com

I'm guessing that by now you've been to at least three more parties than during any other month of the year. And more parties means more drinks.

It's a good time to think about how to protect your liver (year-round, but especially now). The liver does more than process alcohol — it has more than 500 jobs, including balancing your hormones and filtering every drop of blood.

Here are some foods that give your liver the nutrients it needs to keep you healthy:

- High selenium foods for proper enzyme activity: Brazil nuts, brewer's yeast, kelp, brown rice, garlic, onions and molasses.
- High methionine foods that aid in detoxification

pathways: eggs, fish, legumes and seeds.

- High sulphur foods that aid in detoxification: broccoli, cauliflower, cabbage and brussels sprouts.

- Vitamin B5, which speeds up detoxification of acetaldehyde after alcohol consumption: whole grains, chicken, wheat bran and nuts.

- Vitamin B1, which reduces the toxic effects of alcohol, smoking and lead: wheat germ, dried peas and soybeans.

- Coffee, which has phytonutrients that help support the liver: three small cups per day, maximum.

And for heaven's sake, don't take acetaminophen (Tylenol) for a hangover, the combination with alcohol is toxic to the liver.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Lemony Quinoa. Boost your fibre and iron intake without sacrificing taste

Ingredients

- 1 cup quinoa
- 2 cups water
- sea salt to taste
- 1/4 cup chickpeas, drained
- 1/4 cup fresh lemon juice
- 1/2 cup chopped cucumber (seedless)
- 1/4 red onion chopped
- 1/4 cup chopped tomatoes
- 1/4 tsp cayenne pepper
- 1/2 tsp ground cumin
- 1 bunch fresh parsley, chopped

Even with post-holiday consumption remorse, it's hard at times to feel motivated to maintain a healthy diet during the holiday season. But you can cut down on calories by making ingredient substitutions, such as lemon juice and extra virgin olive oil for salads.

1. In a saucepan, combine the quinoa, water and salt. Bring to a boil, then reduce heat to medium and cook until quinoa is tender and water has been absorbed, about 10 minutes. Cool, then fluff with a fork.



2. Transfer the quinoa to a serving bowl and stir in the chickpeas, lemon juice, cucumber, onion, tomatoes, cayenne pepper, cumin and parsley. Adjust salt and pepper before serving. **NEWS CANADA**

Keep off holiday pounds with this Cobb Salad

Ingredients

- 1 tbsp cornstarch
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Kosher salt
- 1 pound butternut squash, peeled, seeded and cubed
- 1 head cauliflower, cored and cut into small florets
- 4 tbsp olive oil, divided
- Ground black pepper
- 1 pound carrots, cut into 1-inch chunks
- 1 tbsp fennel seeds
- 1 pound brussels sprouts, bottoms trimmed
- 2 tbsp molasses
- 2 pounds sweet or spicy Italian sausages



This recipe serves 8. MATTHEW MEAD/THE ASSOCIATED PRESS

1. Heat the oven to 425°F. Coat 2 rimmed baking sheets with cooking spray.

2. In a large bowl, mix the cornstarch, cumin, smoked paprika, garlic powder and 1 tsp of salt. Add the squash and toss until well coated. Arrange the squash in an even layer at one end of one of the baking sheets; it should take up about half of the sheet. Spritz the squash liberally with cooking spray.

3. Wipe out the bowl, then add the cauliflower and drizzle with 2 tbsps of the oil. Toss, then add 1 tsp of black pepper and toss again. Arrange next to the squash on the baking sheet. Bake for 35 to 45 minutes.

4. Meanwhile, add the carrots to the bowl (no need to wipe it out). Drizzle with 1 tbsp of the remaining oil, the fennel seeds and 1/2 tsp each of salt and pepper. Toss well, then arrange on one half of the second baking sheet. Add the brussels sprouts to the

bowl (no need to wipe it out), drizzle with the molasses and the remaining oil. Toss well, then arrange next to the carrots. Arrange the sausages over the Brussels sprouts and carrots.

5. After the squash and cauliflower have roasted for 15 minutes, add the second baking sheet and roast both for another 20 to 30 minutes, or until the vegetables and sausages are browned and tender. Serve directly from the baking sheets.

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Learn how to party smartly at your Christmas work do. HANDOUT

Behaving at the office Xmas party

Holiday health. The big boss + free booze + a confined space = recipe for disaster. Don't let a night that's meant to be about festive fun turn into a nightmare

ROMINA
McGUINNESS
romina.mcguinness@metro.lu

The holiday party is one occasions you can let your hair down, but there's a fine line between having some fun and misbehaving.

Etiquette advisor Jo Bryant, of the UK's leading authority on modern manners, Debrett's, tells Metro: "The aim is to keep your dignity. You're socializing with your colleagues, but with your bosses as well. It's about creating the right impression while making it seem like you're relaxed."

She talks us through the do's and the don'ts of the office party:

Look the part

DO meet workplace standards
"Make sure you look smart and well groomed and that you're fitting in with the ethos of the office. If you work in a very corporate environment, you'll probably be going somewhere smarter, so dress appropriately."

DON'T overdo it

If you work in a more relaxed office atmosphere, turning up in your best party frock when everyone else is in jeans might not be appropriate.

Dress the part

DO wear something different
This creates that distinction between a Christmas party,

not a Monday. You want to look good — but don't go over the top by wearing something really out there.

DON'T wear what you wore to the office that day

If everyone else is going to make an effort and get changed, do the same.

Bulk up the contacts

DO circulate and socialize

Now is your opportunity to chat to people you don't normally speak to or have access to — like the boss.

DON'T be arrogant

Get your behaviour up to scratch. As you go around the room, stop to speak to people higher up in the pecking order. But that doesn't mean you should ignore people of lower ranking than you.

Be chill

DO impress people without promoting yourself

"This isn't the time to ask for a pay rise or complain. Avoid office chat, unless the big boss instigates it and seems keen to get your opinion. But equally, if you can talk to them about their family and their holidays, they might see you as more than just another member of staff."

DON'T shun your colleagues

Never neglect your team and spend the entire party schmoozing everyone else. Equally, don't just cling on to them and feel nervous about making new work friends.

Know your limits

DO drink, but don't get drunk
Hold yourself. If you're

drunker than your companions, that's a big no-no. You should never be the drunkest person at the party.

DON'T be a party pooper

If you're feeling as though things are getting out of control and decide to stop drinking, don't make a big thing about it. Hang in there and don't draw too much attention to yourself. Order a tonic water so it still looks like you're having a drink.

The morning after

DO be sensible

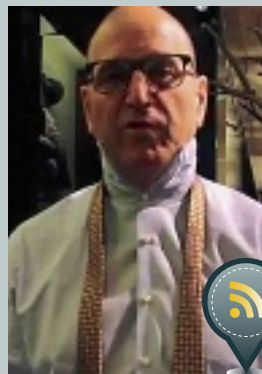
"If the next day is a full working day, then arrive on time. Organize a quiet day for yourself — hopefully you won't have a huge meeting of the year at 10 a.m."

DON'T broadcast a hangover

Put on the freshest face you possibly can and deal with it in a discreet manner.

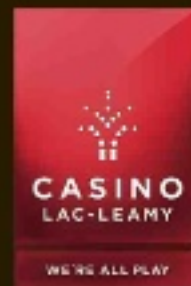
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- Knot a problem.** It's holiday party season and you want to wear a tie. Larry Rosen, CEO of Harry Rosen (below), shows Metro how to tie his favourite knot. Watch the video on The Man Blog at metronews.ca.



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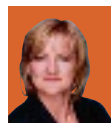
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Hoping to unwrap a pet on Christmas day?

Alison on Money.

Small pets seem like a great gift idea — but don't forget about the future costs



YOUR MONEY
Alison Griffiths
money@metronews.ca

Lories and hotots and skinks, oh my! If it's a holiday pet you are considering, the choice is now enormous, especially among rodents, birds, fish and reptiles.

However, before you buy, be aware of care requirements and on-going costs.

According to the American Society for Prevention of Cruelty to Animals, \$30 for a guinea pig is only the beginning.

The first year outlay will be just over \$700 and about



Just how much is a \$1 goldfish going to set you back? ISTOCK IMAGES

\$635 annually after that.

In a 2011 report, Kiplinger.com rated fish as the cheapest pet both in terms of purchase and maintenance.

Gloriously hued guppies are as little as \$1 and annual costs a mere \$20, though set up can easily exceed \$225 for an aquarium and all the fix-

ings.

Perhaps your son or daughter has just seen How to Train Your Dragon and wants a bearded dragon (quite sociable, by the way.)

After spending \$50 to \$60 for the scaly beast, you will need a 40-gallon or larger terrarium, furniture for basking and hiding, bedding or a reptile carpet (yes, such a thing exists), calcium dust for a twice-weekly "shower" and, of course, food.

Making a basic happy home for a bearded costs from \$500 to \$1,000 — not including the lizard hammock.

At the cheaper end of things, a simple cage for a gerbil or rat or hamster is about \$25 to \$35, but pet owners are as keen to renovate as homeowners.

Multi-level critter apartments can easily run to \$200, not including toys and decor.

A pet budget and research will save you from what I call Iguana Shock Syndrome.

A friend in Victoria, B.C. bought an itty-bitty green iguana in 1990.

Fourteen years later, the nearly two-metre creature had taken over the spare bedroom and its care was rivaling the cost of a child. And like a teenager, Moe was cranky.

A good beginning resource is mypetsmart.com (go to pet care solutions, then care guides) where you'll find that the bearded dragon is an omnivore recommended for age 10 and up and lives approximately 10 years.

Dozens of pets are listed as suitable for beginner, intermediate or advanced owners.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Regifting can be socially acceptable if you follow a few simple rules.

ISTOCK IMAGES

Are regifting and couponing a social faux-pas?



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

In the past, regifting, couponing and bulk buying presents was considered a social faux-pas because it meant the gift-giver was being cheap.

But I couldn't disagree more.

Resourcefulness is not the same as being cheap. Besides, stretching your dollars and taking advantage of opportunities to save money over the holidays will keep you out of debt, reduce waste and still allow you to spoil everyone on your gift list.

Wrap up that extra garlic press you received for your birthday and give it to your brother. Otherwise, it'll sit in your cupboard collecting dust.

According to Couponcabin.com, nearly 40 per cent of North Americans regift presents and a large majority use coupons when holiday shopping. The most commonly re-gifted items are gift cards and duplicate and unwanted products.

If you plan to regift or coupon, follow these socially acceptable gift-giving parameters.

Ensure the present is in its original wrapping

and don't re-gift something that has clear signs it's been used. Remove your name from any tags or cards and don't give the gift back to the same person who gifted it to you. Avoid re-gifting intimate or personal hygiene products like underwear, nose hair clippers or razors. If you've received a sentimental gift, don't re-gift it because it could upset the person who gave it to you.

If you've bought something on sale or through a coupon, remove the bright red sale sticker and price tag. While opening presents, don't blurt out how proud you are that you used a coupon, be discreet.

When planning your holiday spending, be resourceful. Bulk buying some items like stocking stuffers or appreciation gifts for friends or colleagues is wise.

Cash in unused loyalty rewards points toward gifts.

Dig through your wallet, purse and junk drawer for any partially used gift cards. Use the gift cards toward gift purchases or cash them in towards a new gift card amount, pick a round number like \$25 rather than regifting your card with \$17.97 left on it.

If your budget is super tight this season, don't buy any gifts at all. Give handmade cards, art, and baked goods. Homemade presents are affordable and have loads of sentimental value.

Follow Lesley on Twitter
@LesleyScorgie



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Lockout

More games axed by NHL

The earliest a shortened NHL season will start is Dec. 31.

The league cancelled another 104 regular-season games on Monday afternoon, bringing the total number wiped away by the lockout to 526. That represents nearly 43 per cent of the season.

The NHL and NHL Players' Association appeared to be closing in on a deal last week before negotiations fell apart.

After talks broke down, commissioner Gary Bettman said the league needs to be able to fit in at least 48 games per team to save the season, which means a new collective bargaining agreement likely has to be signed within the next month. **THE CANADIAN PRESS**

Hockey

NHL stars could skate for Canada at Spengler Cup

Canada could be sending quite an impressive team to the Spengler Cup.

With the NHL's announcement Monday that all games through Dec. 30 have been cancelled, the possibility of locked-out players wearing the Maple Leaf over the holidays in scenic Davos, Switzerland, increased.

Tyler Seguin, Jason Spezza, Patrice Bergeron and John Tavares are among the Canadian players who have spent the lockout playing in the Swiss league and would be eligible to compete in the historic club-team tournament. Hockey Canada has been in touch with all of them. **THE CANADIAN PRESS**



Ryan Nugent-Hopkins collects his sticks on Monday after arriving in Calgary for Canada's junior hockey team selection camp. JEFF MCINTOSH/THE CANADIAN PRESS

Nugent-Hopkins leads junior hopefuls

World junior championship.

Burnaby, B.C., native is lone NHL player available to Canada, though some players would likely be in league if not for lockout

Once again, an NHL lockout is creating unexpected benefits for Canada's junior hockey team.

Edmonton Oilers forward Ryan Nugent-Hopkins arrived in Calgary on Monday for the junior team's selection camp.

He's already played for Canada in the men's world hockey

championship this year, but the NHL lockout means the 19-year-old will get to play in the world junior championship for the first time in his career.

That also occurred during the NHL lockout of 2004-05, when Boston Bruins forward Patrice Bergeron was named the most valuable player of the 2005 junior tournament in Grand Forks, N.D., after helping Canada win gold at the 2004 world championship in Prague.

Nugent-Hopkins has a full NHL season behind him in which he was a finalist for the Calder Trophy, which goes to the league's top rookie. The Oilers didn't make him available to the Canadian team that won bronze at the 2012 world junior championship in Alberta.

Now, two years after he was

cut from Canada's junior team at age 17, he is expected to lead it into the tournament from Dec. 26 in Ufa, Russia.

Since Nugent-Hopkins brings hockey experience to this Canadian team no other players have, Hockey Canada's expectations of him are high.

"I've got to try to take on more of a leadership role this year," Nugent-Hopkins said Monday at the Calgary airport. "As a 17-year-old, I couldn't come into camp and do that. I'm definitely going to try and take some experience from Worlds and bring it to this camp here."

"I feel like I'm a different person than I was a couple of years ago. My game has definitely evolved a lot and I see myself more as a two-way player

Camp dates

- The 36 players invited to this year's selection camp streamed through the Calgary airport Monday.
- The players get on the ice Tuesday at Canada Olympic Park and the 23-player team will be chosen by Thursday.
- The invitees will play an intra-squad game Tuesday followed by games against university players the following two days.

right now so I'm definitely going to try and take on that role at this camp." **THE CANADIAN PRESS**

Sinclair wins Canadian-athlete-of-year prize



Christine Sinclair celebrates after winning the bronze medal soccer game at the London Olympic Games in August. Sinclair is the winner of the 2012 Lou Marsh Award. FRANK GUINN/THE CANADIAN PRESS

Christine Sinclair has won the Lou Marsh Award as Canada's athlete of the year, becoming the first soccer player to take home the 76-year-old trophy.

The 29-year-old from Burnaby led Canada's women's soccer team to a bronze medal at the London Olympics.

It was her performance in a semifinal loss to the United States at Manchester's Old Trafford that likely solidified her place among the pantheon of previous Lou Marsh winners, among them Wayne Gretzky, Terry Fox and Bobby Orr.

With Canada facing the world's best team on one of soccer's sacred grounds, Sinclair put in her greatest per-

Sinclair's Golden Boot

6

Christine Sinclair scored an Olympic record six goals at the London Olympics to win the tournament's Golden Boot.

formance as a top-level star, giving Canada the lead with each of the three goals she scored. The U.S. won the game, 4-3. But even in defeat, Sinclair earned a new level of acclaim.

"I'd put Christine up there with Roger Federer. I'd put her up there with Serena Williams. She's genuinely up there with the biggest and best

athletes in the world. She is at the Michael Jordan level," John Herdman, her coach on the national team, said. "That's a reality."

Sinclair won the award, which was first handed out in 1936, after a vote by a committee made up of representatives of Canada's major sports media outlets. Also given heavy consideration by the committee were cyclist and Giro d'Italia winner Ryder Hesjedal; trampolinist and London Olympic gold medalist Rosie MacLennan; world champion speed skater Christine Nesbitt and No. 13 ranked tennis player Milos Raonic.

TORSTAR NEWS SERVICE

NBA				
EASTERN CONFERENCE				
	W	L	Pct	GB
New York	15	5	.750	—
Miami	13	5	.722	1
Atlanta	12	5	.706	1½
Chicago	11	8	.579	3½
Brooklyn	11	8	.579	3½
Philadelphia	11	9	.550	4
Boston	11	9	.550	4
Milwaukee	10	9	.526	4½
Indiana	10	11	.476	5½
Orlando	8	12	.400	7
Charlotte	7	12	.368	7½
Detroit	7	15	.318	9
Cleveland	4	17	.190	11½
Toronto	4	17	.190	11½
Washington	2	15	.118	11½

WESTERN CONFERENCE				
	W	L	Pct	GB
San Antonio	17	4	.810	—
Oklahoma City	17	4	.810	—
Memphis	14	4	.778	1½
L.A. Clippers	14	6	.700	2½
Golden State	13	7	.650	3½
Utah	12	10	.545	5½
Minnesota	9	9	.500	6½
Dallas	10	10	.500	6½
Denver	10	11	.476	7
Houston	9	10	.474	7
L.A. Lakers	9	12	.429	8
Portland	8	12	.400	8½
Sacramento	7	12	.368	9
Phoenix	7	15	.318	10½
New Orleans	5	14	.263	11

Division leaders ranked in top four positions and best eight teams qualify for playoffs

Monday's results
Golden State at Charlotte
Detroit at Philadelphia
Atlanta at Miami
San Antonio at Houston
Sacramento at Dallas
Toronto at Portland
Sunday's results
L.A. Clippers 102 **Toronto** 83
Milwaukee 97 Brooklyn 88
Oklahoma City 104 Indiana 93
New York 112 Denver 106
Orlando 98 Phoenix 90
Utah 117 L.A. Lakers 110
Tuesday's games — All Times Eastern
L.A. Lakers at Cleveland, 7 p.m.
New York at Brooklyn, 7 p.m.
Denver at Detroit, 7:30 p.m.
Washington at New Orleans, 8 p.m.
L.A. Clippers at Chicago, 9:30 p.m.

NBA SCORING LEADERS					
	G	FG	FT	PTS	AVG
Bryant, LAL	21	199	160	601	28.6
Durant, Okl	21	181	171	566	27.0
Anthony, NYK	18	165	109	482	26.8
James, Mia	18	180	67	452	25.1
Harden, Hou	19	140	151	469	24.7
Westbrook, Okl	21	162	94	451	21.5
Mayo, Dal	20	147	65	417	20.9
Aldridge, Por	19	155	79	389	20.5
Curry, GoS	20	134	72	394	19.7
Pierce, Bos	20	122	108	384	19.2
Gay, Mem	18	130	59	342	19.0
Lillard, Por	20	131	69	378	18.9
Ellis, Mil	19	130	83	356	18.7
Bosh, Mia	18	119	93	334	18.6
Lee, GoS	20	152	66	370	18.5
DeRozan, Tor	21	146	84	386	18.4
Howard, LAL	21	140	105	386	18.4
Anderson, NO	19	132	22	350	18.4
Parker, SA	19	144	55	350	18.4
Deng, Chi	19	132	67	348	18.3
Duncan, SA	20	147	66	362	18.1

Not including last night's games

IIHF WORLD JUNIORS

CANADIAN SELECTION CAMP ROSTER

x—member of 2012 bronze medallist team
GOALTENDERS
Jordan Binnington, Richmond Hill, Ont.,
Owen Sound (OHL), St. Louis (2011, third round, 88th overall); Laurent Brossoit, Surrey, B.C., Edmonton (WHL), Calgary (2011, 6, 164); Jake Paterson, Mississauga, Ont., Saginaw (OHL), Detroit (2012, 3, 80); Malcolm Subban, Toronto, Belleville (OHL), Boston (2012, 1, 24).

DEFENCEMEN
Frank Corrado, Vaughan, Ont., Sudbury (OHL), Vancouver (2011, 5, 150); Mathew Dumba, Calgary, Red Deer (WHL), Minnesota (2012, 1, 7); x-Dougie Hamilton, Toronto, Niagara (OHL), Boston (2011, 1, 9); x-Scott Harrington, Kingston, Ont., London (OHL), Pittsburgh (2011, 2, 54); Ryan Murphy, Aurora, Ont., Kitchener (OHL), Carolina (2011, 1, 12); Xavier Ouellet, Terrebonne, Que., Blainville-Boisbriand (QMJHL), Detroit (2011, 2, 48); Adam Pelech, Toronto, Erie (OHL), N.Y. Islanders (2012, 3, 65); Derrick Pouliot, Weyburn, Sask., Portland (WHL), Pittsburgh (2012, 1, 8); Griffin Reinhart, West Vancouver, B.C., Edmonton (WHL), N.Y. Islanders, 2012, 1, 4); Morgan Rielly, West Vancouver, B.C., Moose Jaw (WHL), Toronto (2012, 1, 5).
Ryan Sproule, Mississauga, Ont., Sault Ste. Marie (OHL), Detroit (2011, 2, 55); Tyler Wotherspoon, Surrey, B.C., Portland (WHL), Calgary (2011, 2, 57).

FORWARDS
Francis Beauvillier, Sorel-Tracy, Que., Rimouski (QMJHL), Florida (2012, 6, 174); Anthony Camara, Toronto, Barrie (OHL), Boston (2011, 3, 81); Daniel Catenacci, Newmarket, Ont., Owen Sound (OHL), Buffalo (2011, 3, 77); Phillip Danault, Victoriaville, Que., Victoriaville (QMJHL), Chicago (2011, 1, 26); Jonathan Drouin, Dollard-des Ormeaux, Que., Halifax (QMJHL); Tyler Graovac, Brampton, Ont., Ottawa (OHL), Minnesota (2011, 7, 191); x-Jonathan Huberdeau, St-Jerome, Que., Saint John (QMJHL), Florida (2011, 1, 3); Charles Hudon, Boisbriand, Que., Chicoutimi (QMJHL), Montreal (2012, 5, 122); x-Boone Jenner, Dorchester, Ont., Oshawa (OHL), Columbus (2011, 2, 37); J.C. Lipon, Regina, Kamloops (WHL).
Nathan MacKinnon, Cole Harbour, N.S., Halifax (QMJHL); Mark McNeill, Edmonton, Prince Albert (WHL), Chicago (2011, 1, 18); Sean Monahan, Brampton, Ont., Ottawa (OHL); Ryan Nugent-Hopkins, Burnaby, B.C., Oklahoma City (AHL); Ty Rattie, Airdrie, Alta., Portland (WHL), St. Louis (2011, 2, 32); Brett Ritchie, Orangeville, Ont., Niagara (OHL), Dallas (2011, 2, 44); x-Mark Scheifele, Kitchener, Ont., Barrie (OHL), Winnipeg (2011, 1, 7); Hunter Shinkaruk, Calgary, Medicine Hat (WHL); x-Ryan Strome, Mississauga, Ont., Niagara (OHL), N.Y. Islanders (2011, 1, 5); Tom Wilson, Toronto, Plymouth (OHL), Washington (2012, 1, 16).

GOLF

PGA TOUR

WORLD RANKING

Through December 10

1. Rory McIlroy	13.81
2. Luke Donald	9.13
3. Tiger Woods	8.90
4. Justin Rose	6.69
5. Louis Oosthuizen	6.38
6. Lee Westwood	6.37
7. Adam Scott	6.37
8. Bubba Watson	5.59
9. Jason Dufner	5.54
10. Brandt Snedeker	5.48
11. Webb Simpson	5.45
12. Keegan Bradley	5.24
13. Ian Poulter	5.18
14. Graeme McDowell	5.00
15. Phil Mickelson	4.96
16. Steve Stricker	4.95
17. Nick Watney	4.78
18. Peter Hanson	4.77
19. Matt Kuchar	4.72
20. Sergio Garcia	4.65
21. Dustin Johnson	4.64
22. Bo Van Pelt	4.60
23. Charl Schwartzel	4.58
24. Ernie Els	4.52
25. Zach Johnson	4.47

LPGA TOUR

PLAYER OF THE YEAR

Final

1. Stacy Lewis, 221
2. Inbee Park, 168
3. Na Yeon Choi, 152
4. Yani Tseng, 145
5. So Yeon Ryu, 131
6. Jiyai Shin, 128
7. Ai Miyazato, 118
8. Shanshan Feng, 116
9. Mika Miyazato, 107
10. Suzann Pettersen, 93
11. Azahara Munoz, 83
12. Sun Young Yoo, 81
13. Angela Stanford, 71
14. Cristie Kerr, 62
15. Hee Kyung Seo, 59
15. Karrie Webb, 59

SOCCER

ENGLAND

PREMIER LEAGUE

Yesterday's result
Fulham 2 Newcastle United 1

ITALY

SERIE A

Yesterday's results
Udinese 2 Sampdoria 0
Bologna 0 Lazio 0

PORTUGAL

LIGA

Yesterday's results
Braga 4 Academica de Coimbra 1
Benfica 3 Sporting CP 1

SPAIN

LA LIGA

Yesterday's result
Zaragoza 2 Rayo Vallecano 0

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Worcester	23	12	8	1	2	65	70	27		
Providence	22	12	8	0	2	53	61	26		
Manchester	24	11	10	2	1	68	61	25		
Portland	23	11	10	1	1	72	78	24		
St. John's	24	11	12	0	1	58	69	23		
NORTHEAST DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Springfield	22	14	4	1	3	79	47	32		
Bridgeport	23	11	11	0	1	72	79	23		
Connecticut	23	10	11	2	0	69	82	22		
Adirondack	23	10	12	1	0	59	69	21		
Albany	20	7	8	0	5	44	53	19		
EAST DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Syracuse	23	14	6	1	2	84	67	31		
Binghamton	20	13	5	1	1	64	48	28		
W-B/Scranton	22	13	7	1	1	65	55	28		
Hershey	24	11	12	1	0	64	70	23		
Norfolk	22	10	12	0	0	63	68	20		

WESTERN CONFERENCE										
NORTH DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Abbotsford	23	14	4	3	2	61	45	33		
Toronto	23	13	9	0	1	76	65	27		
Lake Erie	24	12	10	1	1	74	77	26		
Rochester	21	10	9	2	0	69	64	22		
Hamilton	20	8	10	1	1	42	64	18		
MIDWEST DIVISION										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Grand Rapids	22	13	7	1	1	74	62	28		
Rockford	25	13	11	0	1	81	76	27		
Milwaukee	22	10	9	2	1	63	67	23		
Chicago	22	10	9	2	1	58	66	23		
Peoria	23	8	11	2	2	53	80	20		

SOUTH										
	GP	W	L	OTL	SOL	GF	GA	Pt		
Charlotte	24	13	9	0	2	79	70	28		
Houston	22	12	7	1	2	71	63	27		
Texas	23	12	8	2	1	58	62	27		
Oklahoma City	22	11	8	1	2	71	66	25		
San Antonio	24	10	11	0	3	65	70	23		

Note: Two points awarded for a win, one for an overtime or shootout loss.

Sunday's results
Bridgeport 7 Syracuse 2
Worcester 3 Manchester 2
Albany 1 Connecticut 0
Milwaukee 5 Charlotte 2
Abbotsford 3 Toronto 2
Grand Rapids 4 Rockford 2
Providence 3 (OT) Adirondack 2
San Antonio 3 Oklahoma City 2
Peoria 3 Houston 2
Tuesday's games — All Times Eastern
San Antonio at Houston, 12:05 p.m.
Hershey at St. John's, 6:30 p.m.
Bridgeport at Portland, 7 p.m.
Milwaukee at Charlotte, 7 p.m.
Abbotsford at Rochester, 7:05 p.m.
Lake Erie at Hamilton, 7:30 p.m.
Peoria at Oklahoma City, 8 p.m.
Wednesday, Dec. 12
Hershey at St. John's, 6:30 p.m.
W-B/Scranton at Albany, 7 p.m.
Worcester at Connecticut, 7 p.m.
Thursday, Dec. 13
Rochester at Lake Erie, 7 p.m.
Hamilton at Chicago, 8 p.m.

NFL										
AMERICAN CONFERENCE										
EAST										
	W	L	T	Pct	PF	PA				
y-New England	9	3	0	.750	430	260				
N.Y. Jets	6	7	0	.462	245	306				
Miami	5	8	0	.385	240	276				
Buffalo	5	8	0	.385	289	352				
SOUTH										
	W	L	T	Pct	PF	PA				
y-Houston	11	1	0	.917	351	221				
Indianapolis	9	4	0	.692	292	329				
Tennessee	4	9	0	.308	271	386				
Jacksonville	2	11	0	.154	216	359				
NORTH										
	W	L	T	Pct	PF	PA				
Baltimore	9	4	0	.692	331	273				
Pittsburgh	7	6	0	.538	278	264				
Cincinnati	7	6	0	.538	321	280				
Cleveland	5	8	0	.385	259	272				
WEST										
	W	L	T	Pct	PF	PA				
y-Denver	10	3	0	.769	375	257				
San Diego	5	8	0	.385	292	281				
Oakland	3	10	0	.231	248	402				
Kansas City	2	11	0	.154	195	352				

x — clinched playoff berth; y — clinched division.

WEEK 14
Monday's result
Houston at New England
Sunday's results
St. Louis 15 Buffalo 12
Dallas 20 Cincinnati 19
Washington 31 Baltimore 28
San Diego 34 Pittsburgh 24
Cleveland 30 Kansas City 7
N.Y. Jets 17 Jacksonville 10
Philadelphia 23 Tampa Bay 21
Indianapolis 27 Tennessee 23
Minnesota 21 Chicago 14
Carolina 30 Atlanta 20
San Francisco 27 Miami 13
N.Y. Giants 52 New Orleans 27
Seattle 58 Arizona 0
Green Bay 27 Detroit 20

TRANSACTIONS

MLB
BOSTON RED SOX — Claimed RHP Sandy Rosario off waivers from Oakland.
CHICAGO WHITE SOX — Agreed to terms with INF Jeff Keppinger on a three-year contract.
DETROIT TIGERS — Agreed to terms with C Brayan Pena on a one-year contract. Designated LHP Matt Hoffman for assignment.
TORONTO BLUE JAYS — Named Pat Hentgen bullpen coach.
CINCINNATI REDS — Agreed to terms with OF Ryan Ludwick on a two-year contract.
NFL
ARIZONA CARDINALS — Placed C Rich Ohrnberger on injured reserve. Claimed QB Brian Hoyer off waivers from Pittsburgh.
BALTIMORE RAVENS — Fired offensive coordinator Cam Cameron. Announced quarterbacks coach Jim Caldwell will assume the duties of offensive coordinator.
CLEVELAND BROWNS — Signed TE Brad Smelley from the practice squad. Released DL Ronnie Cameron.
MINNESOTA VIKINGS — Signed TE LaMark Brown to the practice squad.

NEW ENGLAND PATRIOTS — Activated RB Brandon Bolden from the suspended list.
OAKLAND RAIDERS — Reinstated LB Rolando McClain from the reserve/suspended by club list. Signed CB Chimdi Chekwa from the practice squad. Released CB Ron Bartell and FB Owen Schmitt.
SAN FRANCISCO 49ERS — Suspended RB Brandon Jacobs for the remainder of the regular season following a series of posts on social media sites addressing his lack of playing time.

CFL
EDMONTON ESKIMOS — Promoted assistant general manager Ed Hervey to general manager.

NHL
COLUMBUS BLUE

Horoscopes

Aries

March 21 - April 20
By all means “borrow” someone else’s design if you think it will benefit you in some way. There’s no copyright on ideas or insights – if they’re out there in the public domain you are entitled to use them.

Taurus

April 21 - May 21
You may be tempted to sell a possession that means a lot to you, but if you do you will most likely regret it. No matter how desperate your money situation may be you should hang on a little while longer.

Gemini

May 22 - June 21
You must not let other people get away with making statements that you know to be untrue. Make it your aim to point out the errors and inconsistencies in what so-called “experts” are trying to pass off as facts.

Cancer

June 22 - July 23
The planets are about to show you a way that you can better yourself without having to work your fingers to the bone 24 hours a day. There are no easy routes to fame and fortune but there are certainly a few shortcuts.

Leo

July 24 - Aug. 23
The message of the stars is that you are subconsciously putting obstacles in your path because you are not sure you are doing the right thing. In which case maybe you should think again about your current plans.

Virgo

Aug. 24 - Sept. 23
You will help a friend or work colleague resolve a difficult problem today. Watch out though that you don’t get suckered into doing something for others just because they are too lazy to do it for themselves.

Libra

Sept. 24 - Oct. 23
The answer to your current problem is quite obvious and the only reason you can’t see it is because you are looking in the wrong place. Trying widening your horizons a little. Bring the bigger picture into focus.

Scorpio

Oct. 24 - Nov. 22
A work or money problem is not going to just fade away: it will only be resolved when you resolve to do something about it. You don’t have to have the definitive answer – just make a decisive move of some sort.

Sagittarius

Nov. 23 - Dec. 21
If you want something enough you will find a way to get it. However, for best results you are advised not to aim for anything too grand. Make it something of a material nature, something you can hold in your hand.

Capricorn

Dec. 22 - Jan. 20
You can look at what happens today either as an interesting challenge or a situation to be avoided. Either way is valid but you will have more fun, and learn more, if you treat it as a challenge.

Aquarius

Jan. 21 - Feb. 19
Not everything in life has a simple answer and the sooner you accept that fact the sooner a solution to an emotional dilemma will appear. Try to think less in terms of black and white and right and wrong.

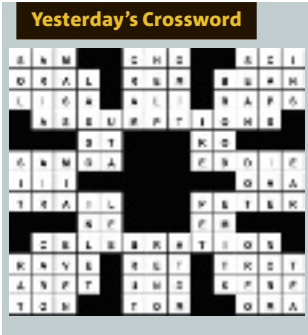
Pisces

Feb. 20 - March 20
Your authority will be challenged in some way today but it’s not the end of the world so don’t overreact. You know your own worth and what you are capable of, so stay calm and laugh at those who try to upset you. **SALLY BROMPTON**

Crossword

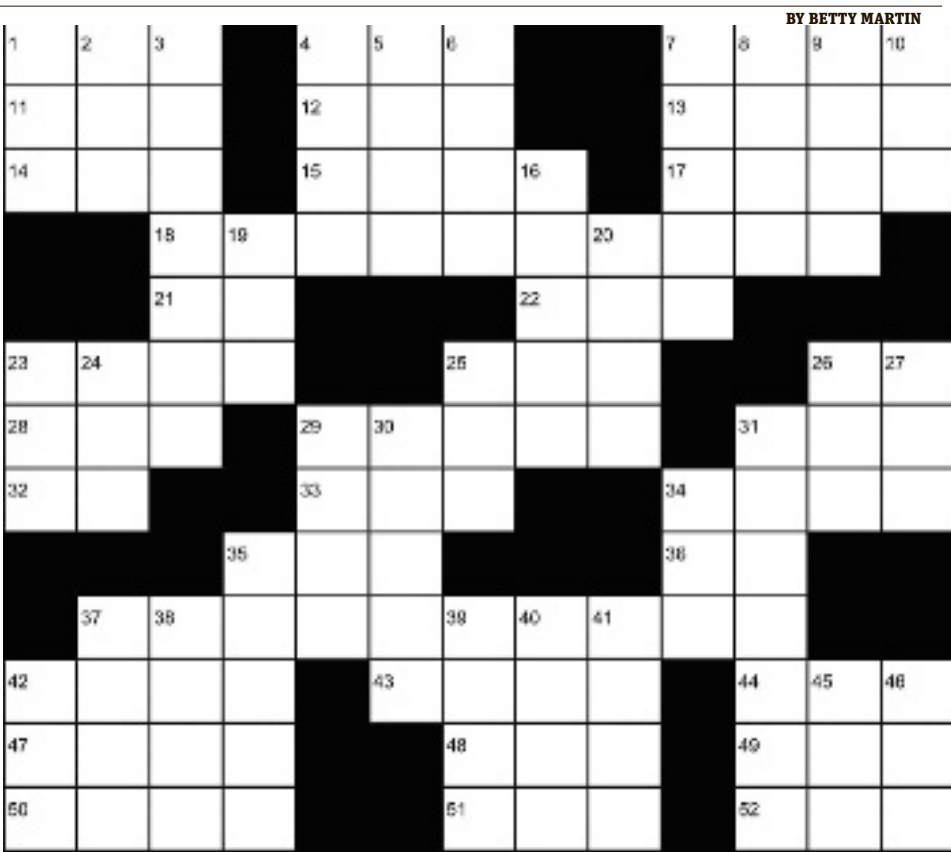
- Across**
1. Afternoon snooze
 4. Bond, for one
 7. Appeal
 11. Actress Peebles
 12. Jonny — Miller of Elementary
 13. Name in jeans
 14. Extensions
 15. Laugh-In regular Johnson
 17. Like fine wine
 18. Compliance
 21. My Name — Earl
 22. Transgression
 23. Woodwind instrument
 25. Knock lightly
 26. Part of Santa’s greeting
 28. Stimp’s pal
 29. Collar inserts
 31. — Aviv
 32. “— Cid”
 33. Sphere
 34. Fr. Father
 35. ‘Peggy — Got Married’
 36. Yours, Mine and Ours actress (init.)
 37. Rival in sport
 42. Indian dress
 43. Edge
 44. Curve
 47. Face shape
 48. Grazing ground
 49. Taxi
 50. Proofreader’s mark
 51. Cap
 52. And so on....

- Down**
1. Opposite of SSW
 2. Feel sick
 3. Depth of feeling
 4. Concrete piece
 5. Salon offering



What's online

See today's answers
metronews.ca/answers.



6. Abominable snowman
7. Homely
8. Building block toy
9. Equal
10. Assist
16. English homework, perhaps
19. Avail
20. Takes tiny drinks
23. Metallic rock
24. Dallas star Barbara — Geddes

25. Keyboard key
26. That girl
27. Spanish cheer
29. Lunchtime favourite
30. Shade providers
31. Patio
34. Paid athlete
35. Put on a happy face
37. Grotto
38. Articulated

39. Tip to one side
40. Notion
41. Kind of spirit
42. Lawn covering
45. The — Patrol
46. Canadian Broadcasting Corporation (abbr.)

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	1	9	7	5	8	5	2	3
7	5	2	3	4	1	8	8	9
3	6	8	5	9	2	1	7	4
2	9	6	0	1	5	4	3	7
8	7	4	8	2	3	9	5	1
5	3	1	4	7	0	8	6	2
1	4	3	2	5	6	7	9	0
9	2	5	1	8	7	3	4	6
6	8	7	9	3	4	2	1	5

	1		5		7	
		2	8		3	9
9						4
4	8			5		2
7	9		5	6		
1					1	6
		7	2	5	3	
	4		9			1

Today -7°/-9° Mainly sunny

Wednesday 0°/-6° Variable

Know what the weather will be 14 days from now. Check the 14 day trend.

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Pink is wearing Clump Crusher by LashBlast Mascara in Very Black.
Lashes stylized with inserts.

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NEW
outlast
stay fabulous
3 in 1 foundation



COVERGIRL
cgsmoothers
BB Cream

NEW
COVERGIRL+OLAY
concealer balm



NEW
COVERGIRL lipperfection
jumbo gloss balm



NEW
outlast
stay brilliant
nail gloss



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